

Benson Sports Training MS Program

What: Benson Sports Training will be providing an opportunity for middle school athletes to begin training this summer. Athletes will participate in a science based athletic development program ran by Benson Sports Training coaches. The program will focus on increasing athletic performance while decreasing the potential of an injury by focusing on movement patterns and the ability to produce force and speed.

Who: All students entering 5th-8th grade.

When: June 7th-August 20th (week off for rally)

Where:
-Mondays and Wednesdays at the high school
-Tuesdays and Thursdays at the track
-Fridays at sand volleyball courts



Pricing:

One time fee:
\$249.00
Or
\$125.00 per month

*Family discounts available

*Checks made to Benson Sports Training

Any questions please contact Taylor Buus

Phone: 605-840-4305

Email: coachbuus@gmail.com

Session times and days:

5th and 6th grade boys and girls:

- Monday, Tuesday, Wednesday and Thursday from 11:00am-12:00pm.
- Fridays will be sand workouts from 10:00am-11:00am.

7th and 8th grade girls:

- Monday, Tuesday, Wednesday and Thursday from 4:00pm-5:00pm.
- Fridays will be sand workouts from 10:00am-11:00am

7th and 8th grade boys:

- Monday, Tuesday, Wednesday and Thursday from 3:00pm-4:00pm.
- Fridays will be sand workouts from 10:00am-11:00am

***opportunity for 50 total training sessions over the summer with a certified USAW Sports Performance Coach**

